the buzz

BE KIND TO YOURSELF!

Self-appreciation is the ability to be kind to yourself. It involves directing the same kind of care, kindness and compassion to yourself that you may show to others. Self-appreciation is important because it can decrease stress and increase your self-esteem. You can improve self-appreciation by trying the tips below and completing the Self-Appreciation Challenge featured in this Buzz edition.

Simple mindfulness will help improve self-appreciation and is an important skill to help you become more compassionate toward yourself. Try shifting your mind-set with these self-care tips.

Stop negative self-talk

Are you quick to judge when you fall short of your own expectations? Do you find yourself thinking, "I really blew it" or "What's wrong with me?" Criticizing yourself doesn't help fix the situation; it only drags you down. It can also set the tone for negativity with those around you. Stop and think about what you're saying to yourself. Would you say the same thing to a friend or coworker who disappointed you?

Shift your mindset: Put a stop to negative self-talk by changing yourself to thinking positive statements like "Is thinking this way helping me achieve my goals?" or "Is there something I can learn from this situation to help me do it better next time?"

Forgive yourself

There are moments in life that you wish you could go back and change. You may feel like it's impossible to forgive yourself. Hanging on to hurts of the past may cause you more pain and prevent you from moving forward.

Shift your mindset: You might just need to remind yourself, "I can't change what happened. I need to acknowledge it and move on."

Love yourself the way you are

No one is perfect. Dwelling on your flaws or obsessing over how to fix them can hold you back. When you accept yourself as you are, you're free to go and do what makes you happy.

Shift your mindset: Give yourself permission to do something good for yourself. You might carve out time to pursue what you enjoy — take an art class, treat yourself to an afternoon movie or enjoy an evening with a good book.
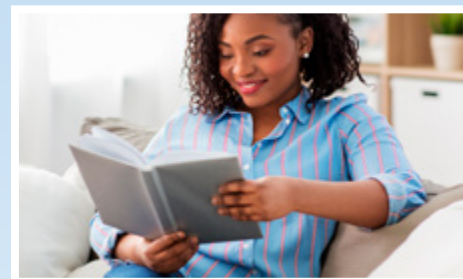
Plan at least one pleasant activity per day, even if it is just a few minutes long. Adding in pleasant daily activities can help manage stress and add fun to your life.

- The activity should be designed to give you joy.

- Look for simple pleasures that don't require a lot of preparation or money.

- Find activities you look forward to each day, like watching a favorite show or reading a book.

- Aim for gentle pleasures, like walking in a favorite place, taking a bubble bath or reading the comic strips.

- Take time to be alone so you can think, meditate and rest.

- If you have trouble coming up with activities, think about what you have enjoyed in the past.

Mammography Screenings

Schedule your screening with the Siteman Cancer Center Mammography Van. Appointments must be made in advance by calling 314-747-7222 or 800-600-3606 (press Option 2) between 8 a.m.-4:30 p.m., Monday-Friday.

Appointments are strongly recommended and walk-ins will be accepted only as time permits.

- Women ages 40 and over do not require a physician referral to be screened.
- Women must not be undergoing current breast cancer treatment.
- Women who are pregnant cannot be screened on the van.

MAMMOGRAPHY SCREENING SCHEDULE

Date/Time	Location	Address
August 8 8 a.m-3 p.m.	City Hall	1200 Market St., St. Louis, MO 63103
August 20 1-7 p.m.	Police Division- South Patrol	3157 Sublette Ave., St. Louis, MO 63139
September 10 9 a.m.-3 p.m.	Airport	10701 Lambert Intl. Blvd., St. Louis, MO 63145
September 20 8 a.m.-3 p.m.	1520 Market	1520 Market St., St. Louis, MO 63103
September 30 8:15 a.m.-1 p.m.	Water Division- Kingshighway	1640 S. Kingshighway Blvd., St. Louis, MO 63110

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Naturally Slim is a simple online program that uses informative videos and learning tools to teach you how to lose weight and improve your health. It is available via your desktop, laptop or mobile device including apps for both iPhone and Android devices. Employees, spouses, domestic partners, adult dependents (over age 18) and retirees covered under the City of St. Louis Anthem medical plans are eligible to participate at NO COST.

You don't have to give up your favorite foods to lose weight and feel and look your best.

Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or spending hours prepping "approved" foods. The City of St. Louis gives you the chance to learn how to eat the foods you enjoy while reducing your risk of developing serious health conditions, like diabetes or heart disease.

Look for future chances to join this program!

Go to **Naturally Slim** to be placed on a waiting list for the next class. When the next class begins, you will receive an email directing you back to the enrollment page to complete an application.

For more information, contact Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or 314-622-4849.

SELF - APPRECIATION CHALLENGE

JOIN US

Date:
August 12-16, 2019

Description:
Practice self-appreciation to decrease stress and improve mood in this week-long challenge. Employees will receive a log with five different activities they can choose from each day. Place a check mark by the activity you complete. Only one activity needs to be completed each day to finish the challenge.

Sign-up:
Email or call Bee-Fit Wellness Coordinator Cathy Hargrove at hargrovec@stlouis-mo.gov or 314-622-4849.

Prize:
All employees who complete the challenge and turn in the log will receive a Bee-Fit prize of their choice from the Bee-Fit prize vault.

Logs due:
Challenge logs are due by August 19. Turn your log into Bee-Fit Wellness Coordinator Cathy Hargrove by email at hargrovec@stlouis-mo.gov or by fax at 314-612-1488.

BeeFit
A PARTNERSHIP OF THE
City of St. Louis and BJC HealthCare

THE COMMON SEAL OF THE CITY OF ST LOUIS

Provided by:
Department of Personnel and BJC HealthCare for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or hargrovec@stlouis-mo.gov

Look for us on:

BJC HealthCare